



# Vegan Diet Weekly Menu

Custom Calories

|                  | BREAKFAST                                    | LUNCH   | DINNER  | SNACK                      | DRINK  |
|------------------|--|---|---|----------------------------|--|
| <b>Sunday</b>    | Tofu Scramble with Vegetables & Vegan Cheese | Supreme Tofu with Rice, Mushrooms & Peppers             | Zucchini & Vegetable Strata                         | Vegan Chocolate Brownie    | Orange, Carrot & Ginger  |
| <b>Monday</b>    | Nutty Protein Pancakes with Honey            | Butternut Squash Lentil Curry with Rice                 | Baked Caribbean Tofu with Couscous Salad & Broccoli | Vegan Vanilla Cake         | Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger & Parsley |
| <b>Tuesday</b>   | Mango & Pear Protein Chia Seed Pudding       | Chickpea & Avocado Greek Salad                          | Middle-Eastern Falafel Bowl                         | Vegan Raspberry Cheesecake | Lemon & Mint   |
| <b>Wednesday</b> | Berry Overnight Oats with Nuts               | Caramelized Eggplant with Mashed Potatoes & Green Beans | Mixed Bean Tarragon with Mix Vegetable Rice         | Vegan Pineapple Muffin     | Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit & Cayenne     |
| <b>Thursday</b>  | Wholewheat Waffles with Berries              | Balsamic-Glazed Tofu with Spaghetti & Vegetables        | Sweet Potato & Mix Vegetable Quinoa Salad           | Vegan Red Velvet Cake      | Pineapple, Apple, Lemon & Mint                                   |
| <b>Friday</b>    | Vegan Avocado Toast                          | Chilli Lemon Tofu with Roast Potatoes & Broccoli        | Kidney Bean Parmesan stuffed Zucchini Boats         | Vegan Chocolate Swiss Roll | Apple, Ginger, Lemon & Celery                                    |
| <b>Saturday</b>  | Almond Protein Chia Seed with Mix Fruits     | Cajun Chickpeas with Beetroot Salad                     | Vegetable Guacamole Wholewheat Wrap                 | Vegan Blueberry Muffin     | Carrot, Apple, Ginger, Turmeric and Lemon                        |